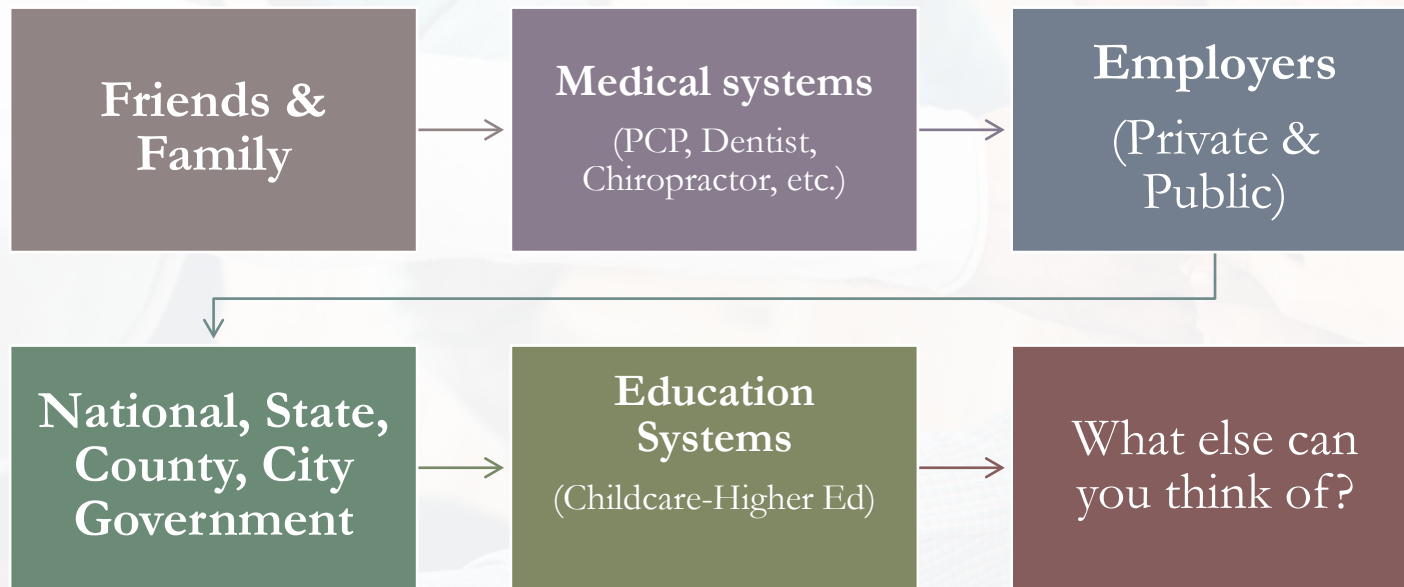


System Challenges in
addressing
Mental Health and Wellness
in Portage County:
One Provider's Thoughts

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Portage Co. Health and Human Services



What Systems Touch Mental Health in Portage County?



Mental Health and Wellness does not exist
in a vacuum just as Physical Health and
Wellness does not exist in a vacuum

Alcohol and Substance Use

Stigma

Media Coverage

Legal Involvement

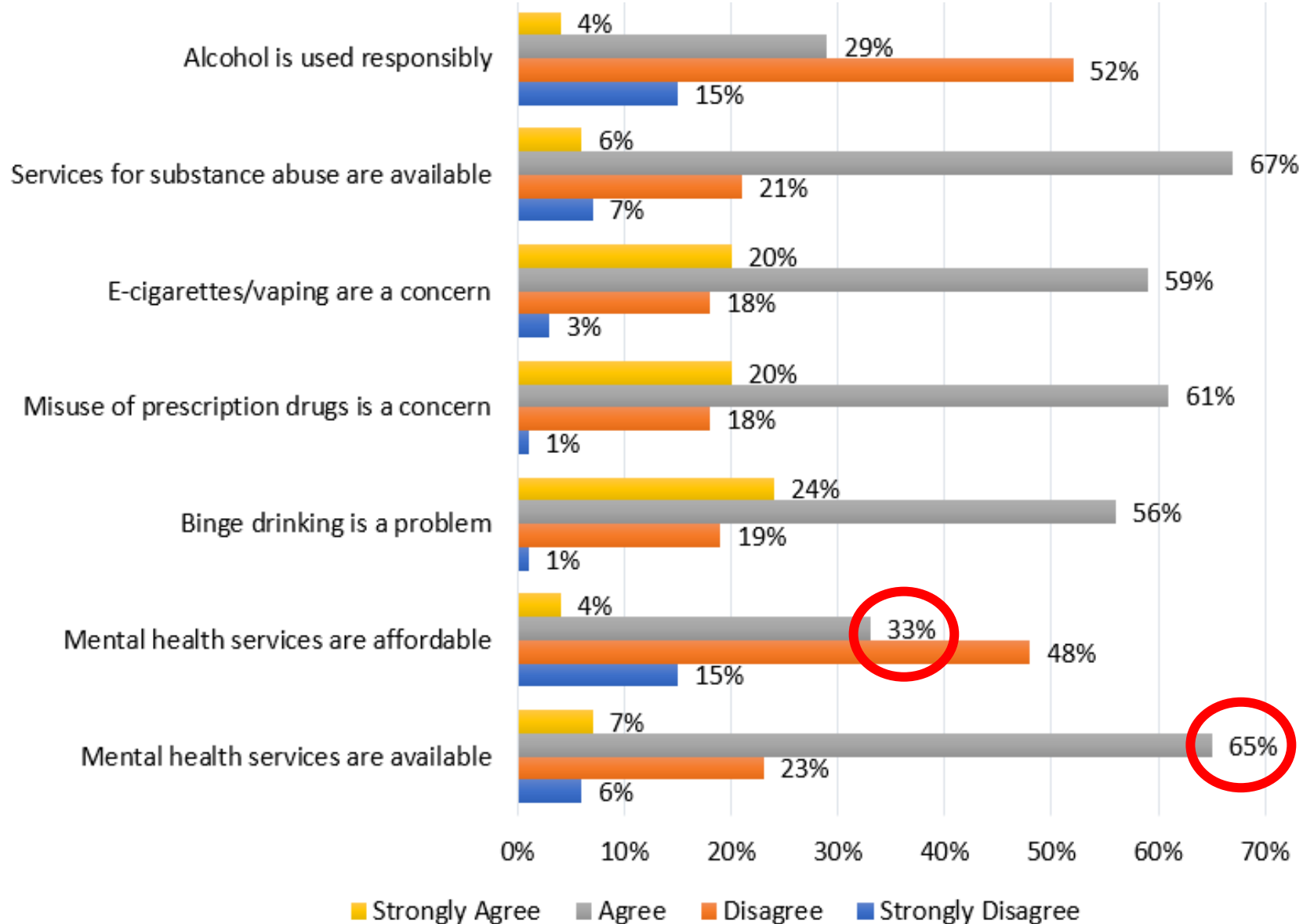
Trauma

Safe, Secure, Affordable Housing

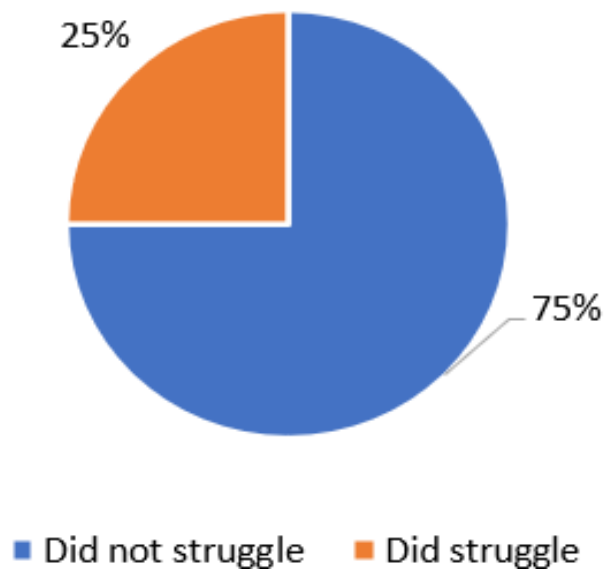


Portage County Behavioral Health Data

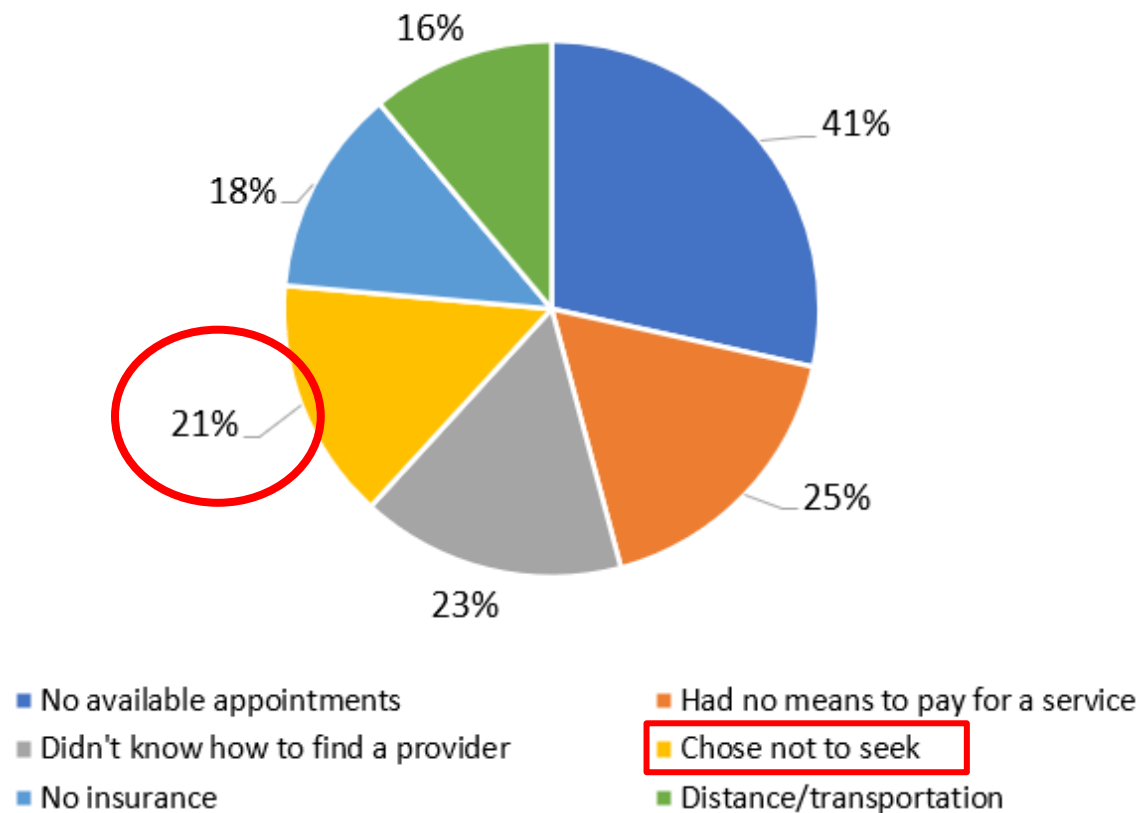
- 2023 Portage County Life Report
- Community Input from Surveys and meetings to gather and interpret secondary data.
- Calls to Action
 - Behavioral Health
 - Early Childhood Care and Education
 - Housing and Shelter



Households That Struggled with Mental Health Concerns During Last Year



Reasons for Not Seeking Mental Health Provider



What Can You Do?

Seek to Understand

- Ask questions.
- Confront your own bias and potential barriers that could affect how you view the topic
- Talk to people you wouldn't normally talk to.
- Trauma Informed- What happened to you vs. What's wrong with you.

Be a Good Role Model

- Practice your own wellness strategies.
- Be a good Role Model for wellness activities.
- Seek out help if you feel you need it.
- Affect your own social circles and families and grow those circles.
- Explore your own social media presences and interactions

Create Opportunities for Community and Connection

- Not all mental health recovery happens with- in the walls of professional offices, programs, or agencies
- Natural supports have the biggest impact on long term recovery.
- Community and Connection can happen on large and small scale.
- Say Hi, Look People in the Eye, opt for a phone call over a text message
- Attend cultural events, activities, programs.
- Ask someone to join in your hobby with you.
- Lots of great groups working on tough issues- join a group today 😊
- Never underestimate the value of volunteering.



THANK
YOU!